

Chattanooga Parks, Recreation, Arts & Cultures' Specialty Fitness Programs SPRING 2003

**Participants must pre register and pay the required fee.
Register Now! Classes fill up quickly**

Oriental Middle Eastern Dance (Belly Dance) PowerHouse Fitness Center

6 week session starts March 10th - April 18th

Wednesday and Friday @ 6:00 pm (Cost \$40.00) Instructor Rhonda Tinsley

Belly dance an ancient enduring art form that increases circulation and energy flow.

Enhance your creativity and self expression while increasing
core strength and flexibility

New Start phase II (Beginning Fitness Program)

Get ready for Spring with a complete fitness assessment and workout
program designed for beginners. (Cost \$35.00) Instructor Cynthia Hayes

March 4th through April 24th (8 week program) Tue & Thurs @ 6:00 pm at the

NEW! SOUTH CHATTANOOGA COMPLEX

Call 697-1334 or 425-3550

ABsolute (Core training for the Abs and Back) PowerHouse Fitness Center

30 minute sessions Tuesday and Thursday at 12 noon ([Ongoing](#))

(Cost \$25.00 for 10 sessions) Instructor Ralph Aaron

Ballet Fit (Spring Session) PowerHouse Fitness Center

For non dancers and dancers alike this class incorporates ballet, pilates, core
conditioning and flexibility training. (Cost \$35.00) Instructor Leslie Newman

(March 10th through April 21st) Monday and Thursday @ 6:00 pm

Extreme Training PowerHouse Fitness Center

Challenging, intense, extreme total body conditioning

Mondays' and Wednesdays' @ 7:00 pm ([Ongoing](#))

(Cost \$50.00 for 12 sessions) Instructor Ralph Aaron

Call The Fitness Center at 697-1320